



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

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FISH IS AN EVERY-DAY FOOD

"Why wait until Friday to serve fish? You can supply your family with appetizing, nourishing food, and, at the same time, show your food budget the respect to which it is entitled, if you serve fish every day."

This advice to housewives is offered by the Fish and Wildlife Service, United States Department of the Interior, to aid in the matter of seafood selection and preparation not alone for the Lenten period but for the entire year as well.

Fishery experts of the Service state that practically all fish suitable for human consumption have plenty of "what it takes" when it comes to supplying those chemical and other nutritive elements required for the healthy maintenance and upbuilding of the human body.

Fish are excellent sources of highly digestible proteins. They are also rich in the vitamins the human body needs for healthy growth and protection from disease. Further, fish contain a variety of minerals in quantity and quality, and it may even be said that some species are unfashionable enough to have high fat values! These, however, are the very fat values that the human system must have. In respect to food values, fish certainly "have everything."

Another point worthy of consideration in connection with the suitability of serving fish frequently has to do with the relation of fish dishes to the family food budget--a subject of prime interest in these days of rising food prices.

When prices on some items of food seem to have gone "sky high," it is wise for the housewife on a budget to give thought to the economy values of fish in her daily purchases of food, since food is the largest single item in the cost of living.

Most of the more common species of salt water and fresh water fishes comprise one of the most economical forms of food available when considered on the basis of comparative poundage, retail prices, and nutritive values.

Practically any time during the year there are sufficient varieties of fish in the market, both salt and fresh water species, in fresh, frozen, or processed form, to provide the housewife with a considerable range of choice within the limits of her food budget. If shellfish are included, this range can be further extended.

During the past few years, homemakers everywhere have found it possible to have greater variety in their home meals with fully as much--if not more-- nutrition and this at the same, or even at less cost, than previously, by including fresh and preserved fish in their menus more frequently. To those housewives who heretofore had considered fish on the once-a-week schedule, or even less often, the discovery of these facts has been a revelation and has opened up an almost wholly new prospect for the exercise of their culinary talents.

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